



The Anchor Project

Supporting children and their families to live resilient and stable lives.

www.haringey.gov.uk/anchor-project



Wellbeing Corner

4. Purpose & Generosity:

We all need to feel that we have something to contribute to our family & community.

Help your child to make cakes for everybody to enjoy over the holiday and make sure everybody shows appreciation for the time and skill of the baker.

3. Empowerment:

We all need to feel listened to.

Listen out for ideas your child has about things to do or places to go during half term. Involve them in planning and arrangements to go.



1. Belonging:

We all need to feel that we belong. Loneliness is the worse feeling.

Having photographs of us up with other family photos helps us to feel that we belong.

2. Achieving:

We all need to feel that we are good at something.

What is your child good at? Recognise their talents and help them to master them. If they are good at running, could they join an athletics club?